FREE

O2 newsletter

OUT&Out

A recreation, outdoor & social group for Edmonton's LesBiGay community.

WIN
Dinner at

THE KING & I

Ski Trip to Banff

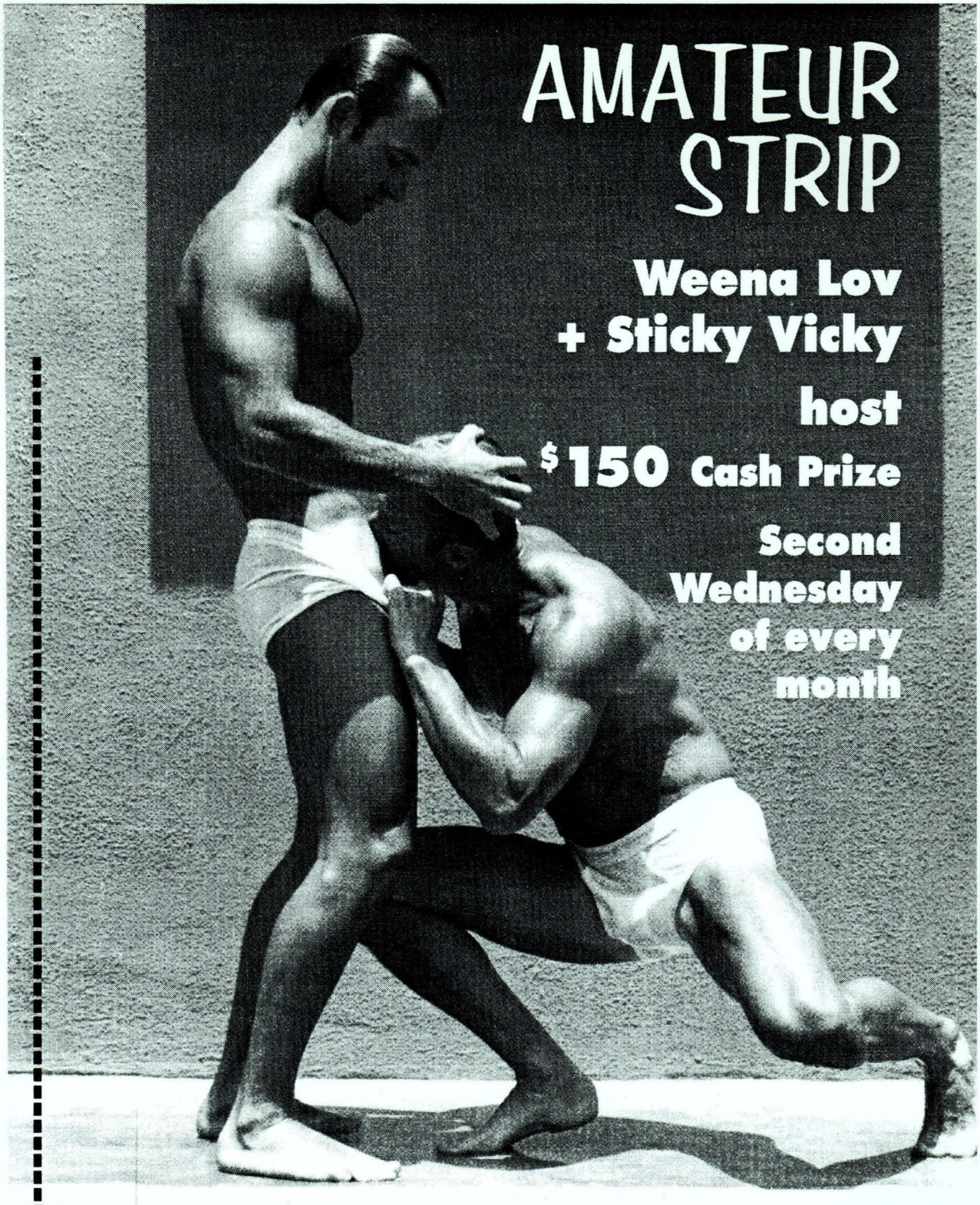
Murder Mystery Dinner

Wine Tasting Course

Night at the ESO

Skating Party

February / March, 1998



- § **Registration 10PM**
- § **Dance one song**
- § **Audience judged so bring your friends**
- § **Down to your underwear or more if you want**

The Roost
disco-underground
10345-104 st 426-3150
private member's club

OUT&Out **Information**

O^2's Purpose

To provide a variety of opportunities for individuals to enjoy recreational, social and outdoor activities together in the hope of building a stronger LesBiGay Community. O^2 exists to bring people with similar interests together and to offer quality social alternatives. ***Have fun and meet new people . . . get involved!***

How O^2 Works

◆ O^2 is a member-run group in which members organize activities for their fellow members to enjoy. All activities are self funded - some are free.

◆ The types of activities members organize are only limited by their imaginations. The variety of activities is amazing! Scan the *Table of Contents* to see what's happening this issue and take a look the huge list of possibilities in our ***Membership Survey*** on page 7. Spring and summer O^2 activities usually include camping, rollerblading, cycling, canoeing, picnics, beach volleyball, golf, gardening and so on. Generally, you don't need much experience to participate in most activities - if you have any questions about the required skill level, equipment needed, etc., don't hesitate to call the activity coordinator.

◆ You MUST be a current paid O^2 member to take part in any O^2 activity. Membership is $10 per year (April '98 - March '99). A Membership form is on page 7.

◆ Activity planning meetings are held 6 times per year. At these meetings, volunteers brainstorm, discuss & organize future activities. Next Meeting: Mar. 4, 7:30pm, GLCCE.

◆ All O^2 activities are publicized in the free bimonthly Newsletters.

O^2 Newsletters

O^2 Newsletters are available for *Free* at many locations in Edmonton. 600 copies are released near the first of the month, every two months. Newsletters contain the detailed information about O^2 activities, other community events and usually short stories and highlights of recent O^2 activities. We always welcome your photos and short stories.

◆ Activity / Story Submission Deadlines:

3 weeks prior to the release date of the next Newsletter.
Contact Kent Racher at 454-0313 or by e-mail: o2edmonton@hotmail.com

O^2 Executive

President:	vacant
Vice President:	vacant
Treasurer / Membership Coordinator:	Kent Racher
Public Relations / Promotions:	vacant
Secretary:	Bill Addison

Newsletter Committee for this issue:

Publisher and Editor:	Ron Griffith
Assistant Editor:	Mark Holcroft
Advertising Salesperson:	Ron Griffith
Activity Information Collector:	Ron Griffith
Distributors:	Ron Griffith, Marty
Story / Photo Editor:	Mark Holcroft
Community Group Liaison:	Bill Addison
Data entry / Technical input:	Ron Griffith, Mark Holcroft

Contact O^2

O^2 ☎

988-3132 (24 hour Hotline)
Describes how ***OUT&Out*** works, lists Newsletter distributors and allows you to leave a message with your feedback and suggestions concerning O^2, any O^2 activity and our Newsletter. For the detailed info about current O^2 activities, please pick up the latest Newsletter. You can also directly phone the O^2 Executive at 454-0313.

O^2 💻

E-mail: o2edmonton@hotmail.com

O^2 ✉

Mail your membership fee ($10.00 cheque or money order payable to "Out&Out") AND the Membership Form on page 7 to 14016 - 109B Avenue, Edmonton, AB T5M 2K8. All other written correspondence may also be mailed to this address.

O^2 Newsletter Distributors

◆ Gay & Lesbian Community Centre
#103, 10612 - 124 St. 488-3234
◆ Orlando Books
10640 Whyte Ave. 432-7633
◆ AIDS Network of Edmonton
#201, 11456-Jasper Ave. 488-5742
◆ 109 Disco
10045 - 109 Str. 413-3476
◆ The Roost
10345 - 104 Str. 426-3150
◆ Greenwoods' Bookshoppe
10355 - 82 Ave. 439-2005
◆ Jazzberrys Too Cafe
10116 - 124 St. 488-1553
◆ Buddy's Pub
10116 - 124 St. 488-6636
◆ The Front Page
10846 - Jasper Ave. 426-1206

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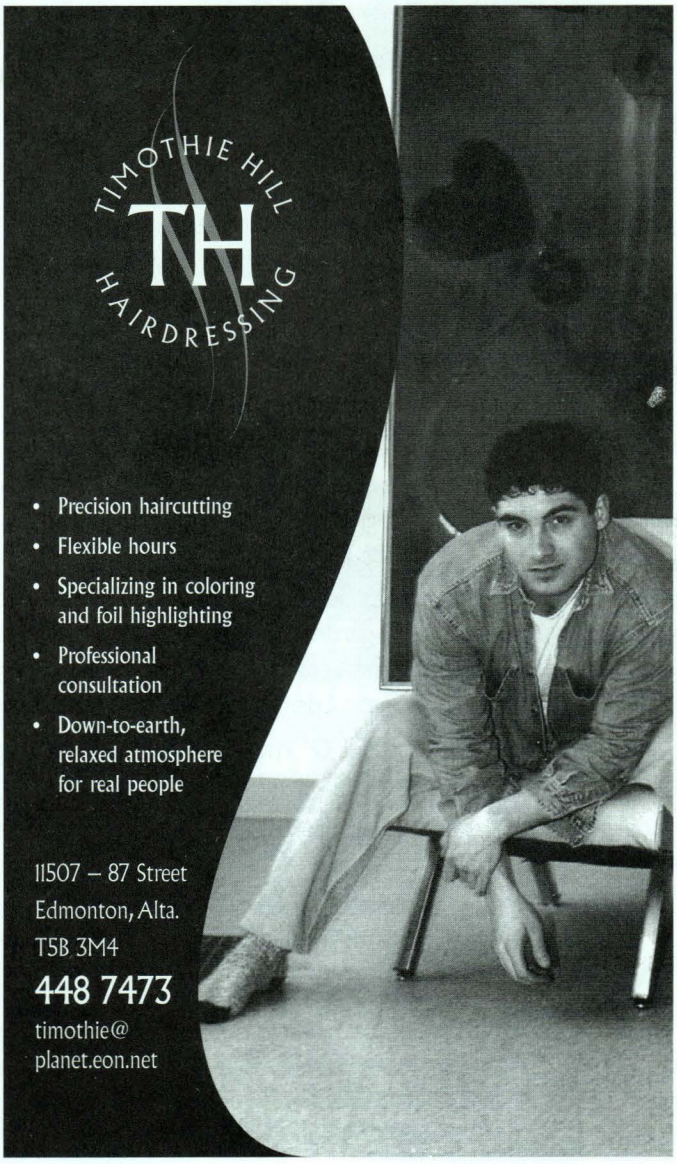

GreenWoods'

■ **Bookshoppe**
10355-82 Ave.
Edmonton
(403)439-2005

■ **Calendars etc.**
8123-104 St.
Edmonton
439-4471

■ **Small World**
8133-104 St.
Edmonton
439-5600

■ **Volume II**
12433-102 Ave.
Edmonton
488-2665

Please
Support
O^2's Advertisers!

David Ushko

Chartered Accountant

accounting, tax & financial consulting for business and individuals

104, 10549-80 Avenue
Edmonton, Alberta T6E 1V4

Telephone/Fax: 433-1579
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EDWARD SANDBERG
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- Individuals
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11404 - 100 Avenue
Edmonton, AB T5K 0J4
(403) 493 - 0087
email: sandberg@datanet.ab.ca

O² Member Activities

(See Page 7 for Membership information)

Music / Theatre

Night Out at the Edmonton Symphony

Saturday, February 21
7:30 to 11:00 PM
Winspear Centre, Churchill Square

The Symphony will be playing music by Dvorak, Franck, and the gay composer Tchaikovsky, as part of their "Magnificent Masters" series. If you'd like to check out classical music in the fantastic acoustics of the Winspear, please join us. We'll meet at 7:30 inside the NORTH door of the Citadel Theatre, right across the street from the Winspear Centre. Phone to let me know you are coming so I know to look for you at the meeting place. After the concert, we'll all go out for coffee together.

COST: O² members: $12 - $42. Purchase your own ticket from the ESO box office: 428-1414.
Non-members: Please join O² first.

CONTACT: Tim 482-2294; e-mail: timecker@freenet.edmonton.ab.ca

RATING: *O*

Running

Arctic FrontRunners

Not running during the winter.

Our group will start again in early spring. If you are an interested runner / jogger, plan to attend an Organizational Meeting in April. (Watch for meeting details in the April/May issue of the O² newsletter or call Bill).

COST: Free for O² members.
Non-members: Please first join O²

CONTACT: Bill 436-7892

RATING: *O – OOO*

O² Activity Rating Scale:

O ~ Easy, Beginner
OO ~ Intermediate
OOO ~ Challenging
OOOO ~ Advanced, Expert

Skating

Skating Party

Sunday, March 15
1:00 – 3:00 PM
Hawrelak Park Skating Pond

Come out and see if you remember how to skate. The lower your ability, the more humorous it will be! Skate rentals will be available on site.

continued ➔

After skating we'll go someplace warm and cozy for coffee, hot chocolate, snacks and socializing. If the weather is questionable, call Ghalib Sunday at 11:00 AM to find out what the alternate plan is (we may go to West Edmonton Mall).

COST: O² members: Bring, borrow or rent skates. Also bring "coffee" and snack money.
Non-members: Please first join O²
CONTACT: Ghalib 437-1986
RATING: *O – OOO*

Skiing

Downhill Skiing Bus Trip

Friday, Feb.27 to Sunday, March 1
REGISTRATION DEADLINE: Feb. 14

continued ➔

O^2 Member Activities

(See Page 7 for Membership information)

Downhill Skiing Bus Trip continued...

Accommodations are in Canmore with the first day of skiing at Lake Louise and the second at Sunshine. A group dinner will be organized for Saturday the 28th and it may be possible to go into Banff .

COST: O^2 members: TBA – phone to find out.
Non-members: Please first join O^2

CONTACT: Gordon or Kevin at 892-4740 (not long distance) or email Darren at **adventuer@hotmail.com**

RATING: *O – OOOO*

Cross Country Skiing

Every Sunday – Call to confirm
11:00 am to 12:30 p.m.
Location varies.

Don't let winter get the best of you. Experience the peace and quiet of nature while enjoying the camaraderie of new and old friends. All skill levels, from beginner (like us) to expert, are welcome. We plan to ski for about 1-½ hours and then go for hot chocolate and a visit. Always call in advance to find out where we will be skiing.

COST: O^2 members: Free, just bring your own equipment.
Non-members: Please first join O^2

CONTACT: Mike 988-6402 or at mreed@planet.eon.net
Rick 497-7585

RATING: *O – OOO*

Socializing

Murder Mystery Mayhem

(A Gay Murder Mystery Dinner)

Saturday, March 21
7:00 PM until the end!
Where: TBA - Does anyone have a medium to large house we could "borrow"? (or a large apartment?)

OK Sherlocks, here's you're night to shine. Would you enjoy solving a "live" who-done-it? (Or would you be intrigued by the opportunity to spend an evening as a different person?). We'd like to get ten to twelve people together, kill one of them and then try figure out the guilty one(s). If you are interested, please call us ASAP to discuss: Your character (Catty Bitch? Sinister yet Sexy Film Star? Flamboyant Flirt? Eccentric Old Aunt/Uncle? Etc.); How major or minor your role will be; Whether you want to participate or just observe "Scenes/Skits"; Whether you'd like to "die" and return as a different character. . . . and many other interesting things that go into creating a fun, complex GAY-THEMED Murder Mystery Dinner Party.

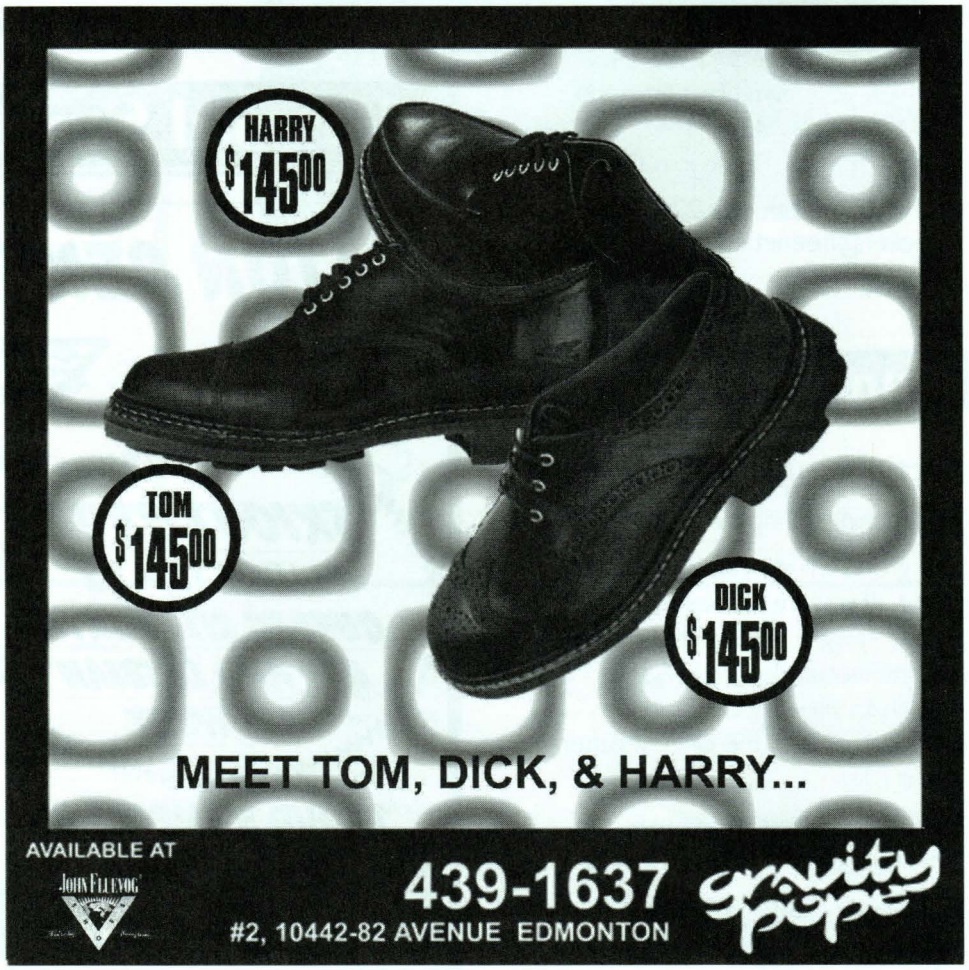
continued ➔

MAXIMUM PEOPLE: 12

COST: O^2 members: A creative contribution to a Delicious Potluck Dinner AND your character's "costume". Acting lessons optional.
Non-members: Please first join O^2

CONTACT: Ron or Mark 428-3375
Email: **rongriffith@hotmail.com**
RATING: *O*

MORE
SOCIAL ACTIVITIES
PAGE 9



WIN *Dinner for 2* at **THE KING & I** ($50 value)

by mailing in this

O^2 Membership Survey

***CONTEST DEADLINE:* March 6.**

◆ Check the appropriate box(es) for those activities that interest you:

Learn = I have no experience, but would like to learn / attend activities for beginners.
Interest = I am interested in participating in this activity.
Lead = I may be willing to help organize, instruct or lead this activity (all O^2 activities are organized by O^2 members).

	Learn	Interest	Lead
Theatre outings	❒	❒	❒
Group movie nights	❒	❒	❒
Musical outings	❒	❒	❒
Art gallery outings	❒	❒	❒
Cooking classes	❒	❒	❒
Potluck dinners	❒	❒	❒
Coffee nights	❒	❒	❒
Summer picnics / BBQs	❒	❒	❒
Murder mystery dinner	❒	❒	❒
Murder mystery weekend	❒	❒	❒
Wine tasting courses	❒	❒	❒
Book club	❒	❒	❒
Lesbian couples retreat	❒	❒	❒
Gay male couples retreat	❒	❒	❒
Country dancing	❒	❒	❒
Jazz dancing	❒	❒	❒
Canoeing	❒	❒	❒
Kayaking	❒	❒	❒
Sailing	❒	❒	❒
Windsurfing	❒	❒	❒
Houseboating	❒	❒	❒
Whitewater rafting	❒	❒	❒

	Learn	Interest	Lead
Swimming for fun	❒	❒	❒
Masters swim club	❒	❒	❒
Waterpark outings	❒	❒	❒
Scuba course	❒	❒	❒
Scuba refresher course	❒	❒	❒
Hiking: local	❒	❒	❒
Hiking: mountains	❒	❒	❒
Backpacking (overnight)	❒	❒	❒
Camping	❒	❒	❒
Cabin weekends	❒	❒	❒
Rock climbing: indoor	❒	❒	❒
Rock climbing: outdoor	❒	❒	❒
Cave exploring	❒	❒	❒
Orienteering	❒	❒	❒
Paintball games	❒	❒	❒
Bird watching	❒	❒	❒
Nature walks	❒	❒	❒
Urban walks	❒	❒	❒
Gardening activities	❒	❒	❒
Rollerblading	❒	❒	❒
Leisure cycling	❒	❒	❒
Mountain biking	❒	❒	❒

	Learn	Interest	Lead
Car rallies / scavenger hunts	❒	❒	❒
Sky diving	❒	❒	❒
Hot air ballooning	❒	❒	❒
Ice skating	❒	❒	❒
Skiing: downhill	❒	❒	❒
Skiing: cross country	❒	❒	❒
Snowshoeing	❒	❒	❒
Curling	❒	❒	❒
Tobogganing	❒	❒	❒
Sleigh / hay rides	❒	❒	❒
Horseback riding	❒	❒	❒
Tennis	❒	❒	❒
Squash	❒	❒	❒
Racketball	❒	❒	❒
Badminton	❒	❒	❒
Running / Jogging	❒	❒	❒
Hockey	❒	❒	❒
Broomball	❒	❒	❒
Volleyball: indoor	❒	❒	❒
Volleyball: beach	❒	❒	❒
Baseball / Softball	❒	❒	❒
Basketball	❒	❒	❒

◆ How did you ***first*** find out about O^2? ❒Friend ❒Saw O^2 Newsletter at _____ ❒Saw O^2 listed in _____
❒Other: _____

◆ What has ***prevented you*** from taking part in any O^2 activity? _____

_____

◆ Are you a current O^2 member? ❒Yes ❒No ➔ to win the Dinner for 2 you must be a current member (membership form is below).

◆ Name: _____ Phone: _____ Can we leave a discreet message? ❒Yes ❒No: _____

CONTEST RULES: 1 winner will be randomly drawn from entries received ***BY MARCH 6***. You must be a current O^2 member to win (membership enquiries: 454-0313). All questions (◆) must be answered to win. One entry / survey per person. O^2 Executive are not eligible to win.

◆ **Mail your Entry / Survey to:** ***OUT&Out***, 14016 - 109B Avenue, Edmonton, AB T5M 2K8

O^2 1998 / 1999 Membership Form

Mail to: ***OUT&Out***, 14016 - 109B Avenue, Edmonton, AB T5M 2K8
Make Cheque *or* Money Order payable to: "*OUT&Out*"

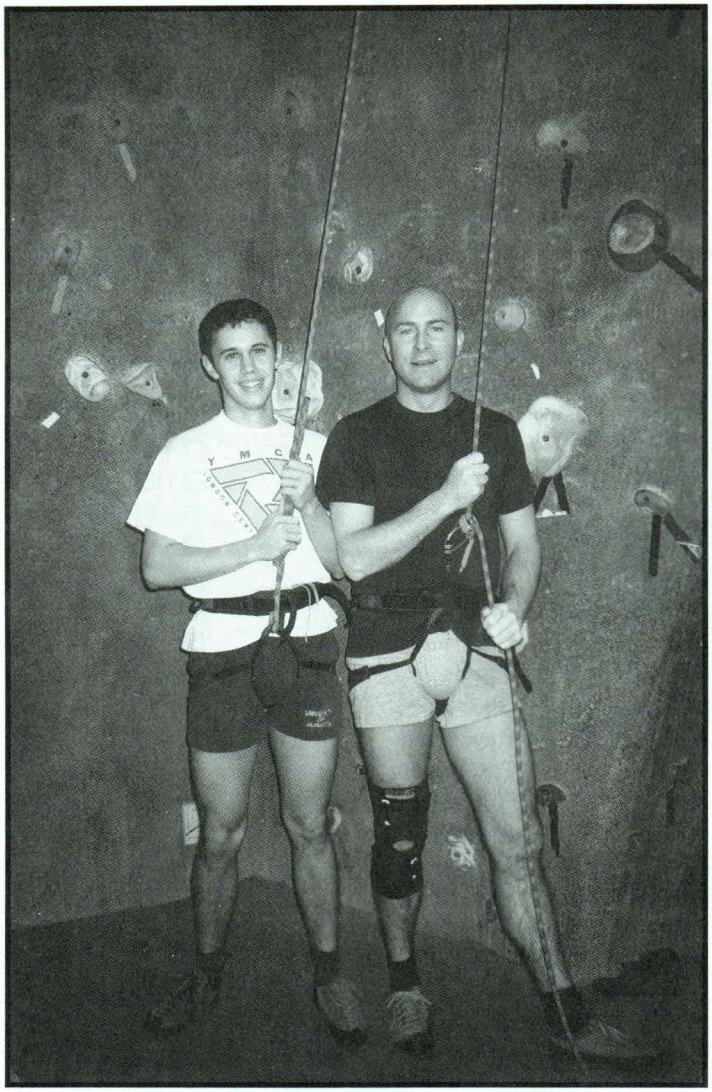
Choose 1: ❒**Regular Membership:** $10.00 / year ➔**NOW to March 1999.** Pick up your Newsletter at 1 of 8 locations.
- Nothing will be mailed to you, but we will need at least your name and preferably your phone #.
- If you'd like to know your Membership number call Kent at 454-0313.

Date: _____ **Name:** _____ **Phone:** _____

❒**Mail-my-Newsletter Membership:** $20.00 / year ➔**NOW to March 1999.**

Date: _____ **Name:** _____ **Phone:** _____
Mailing Address _____ **Postal Code:** _____

Ain't No Mountain High Enough...



(L to R) Mark & Ron in their 'climbing gear'

Ask yourself one question: have you ever been intimidated by the thought of hanging by your fingernails and toes while dangling off the side of a rock face, with only sheer determination, cunning mental agility, and bulging physical stamina standing between you and a quick trip trip to the E.R.? "Never", I said to myself, and it was with that thought that I cast away any and all reservations and joined up with 10 other intrepid souls to partake in an indoor rock climbing adventure last October.

And now the Disclaimer: All right, quit hounding me, I admit to being afflicted with a few short moments of, shall we say, indecision. It was, after all, my first-time (how many people can say that with a straight face?). And I would not consider myself a poster boy for Men's Fitness magazine. But I learned very quickly that rock climbing is not only a physical endeavour, but a mental challenge as well. Self-confidence, intuition, and determination all supplement the pure animal power that resides within all of us. (Grunt!)

So we all went off like the animals in the Ark before us: in two's. I partnered up with Delwin V. (last name omitted to ensure anonymity) and we soon began learning about tying knots, checking harnesses, and belaying (that's the proper term to describe making sure that your partner doesn't hit the ground if they fall off the wall). Our aesthetically-gifted instructor made sure that no rope was left unsecured, no knot untied. The moment of truth arrived when I took those first steps toward the wall and began the slow ascent to the top, fingers clutching and feet scrambling for the next grip, or *any* grip, I could find. But upon reaching the top I felt a surge of emotion and sense of accomplishment, and was heard to say only one thing: "Please let me down - **Now**."

There would be many climbs to follow, some successful, some not so much. The first time falling off of the wall and letting the rope hold you is, in itself, an experience. All in all, it was a wonderful experience, though I would be amiss if I forgot to mention the fabulous crotch-enhancing harnesses, sure to catch the eye of any discriminating gay man. (I suppose one could say that, almost literally, your life was hanging by your balls... intriguing.) Regrettably I forgot to inquire on where one might be able to obtain such a marvelous contraption- should I want to take up the sport on my own at some future time, of course.

My thanks to *Vertically Inclined Rock Gym* and to our multitalented and eager-to-please instructor, for facilitating such a stimulating afternoon outing.

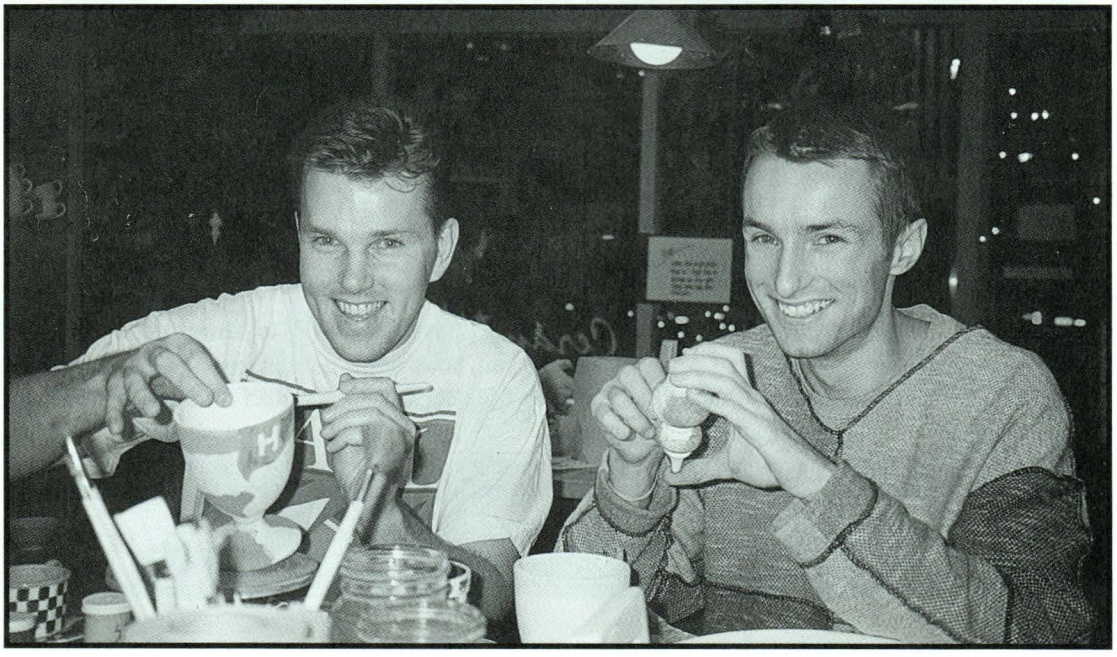
Michael, Indoor Rock-Climber extraordinaire, and O^2 volunteer.

Ceramics Painting Party

Eight guys and gals gathered December 8th at Ceramikos - a pottery painting gallery. The six men and two women ranged in experience from "real artist" to first-time experimentors.

Overall the group was amazed at the ease in creating 'pieces de resistance': everything from picture frames to Christmas tree decorations.

Thanks to Brian for organizing!



Pictured (L to R)
Peter Blatz & Tyler

O^2 Member Activities

(See Page 7 for Membership information)

Gay Men's Pajama Party

(and Movie Marathon)

Saturday, March 7; 8:00 PM 'til ???
First movie starts at 8:30 PM sharp!
Andrew and Delwin's large apartment

MAXIMUM: 15 men.
RSVP by March 3 to get the address.

15 guys in their pajamas, queer movies, games, "beverages" and food – let's let loose and have some fun ! !

COST: O^2 members: Bring a creative, homemade snack to share, a pillow and blanket and/or sleeping bag for movie viewing comfort (and in case you sleep over), BYOB of course! And don't forget your pajamas. Movies and games supplied.
Non-members: Please first join O^2

CONTACT: Andrew 482-7689

Wine Tasting # 2

Saturday, Feb. 28 (TENTATIVE)
7:00 pm to 10:00 pm with socializing afterwards until midnight.
Rossdale House Social Room
9825 – 103 Street

After the rousing success of our first wine tasting event last year, we are planning to do it all over again! Our first event was geared towards the novice connoisseur, but this time we would like to perhaps specialize in a particular grape, country or region. California? New World/Old World? Germany? The whole "wine world" is open to us and we will have the same Instructor as last time. Final details as to the "theme" of the course will be decided after getting input from those taking the course, so please phone as soon as possible and give me your input.

continued ➔

MAXIMUM PEOPLE: 15

COST: O^2 members: $30-35 (will be determined by cost of wines)
Non-members: Please first join O^2

CONTACT: Michael 424-1783

Important Reminder:

It's time to renew your O^2 Membership

(Membership Form on page 7)

Join NOW and your membership will be valid 'til March, 1999. The membership fee has increased to $10/year to help O^2 financially break even - last year the group would have went under if it weren't for large donations from 2 generous members.

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10640 WHYTE AVENUE
EDMONTON AB T6E 2A7

432-7633

Excellent selection of titles for lesbians, gays, bisexuals and their friends

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http://www.compusmart.ab.ca/orlando
orlando@compusmart.ab.ca

Gay Book Club

Monday, February 16
7:30 to 8:30 / 9:00 PM
Gay and Lesbian Community Centre, #103, 10612 - 124 Str.

The purpose of the club is to provide those of us who love to read an opportunity to get together and discuss a selected literary work with a gay and/or lesbian theme. The group will meet every second month to give all members a chance to read the selected work. At our next meeting, Monday, February 16, we will be discussing our first book: *Nightswimmer* by Joseph Olshan, who also wrote Clara's Heart which was made into a movie with Whoopi Goldberg. "Nightswimmer tells the powerful story of two men who find their all-consuming affair threatened by the cynicism of mutual friends, the

continued ➔

O^2 Member Activities

(See Page 7 for Membership information)

Gay Book Club continued...
ever-present fear of AIDS, and most of all, their own haunting memories of lost love. Through his widely acclaimed lyrical narrative, Joseph Olshan crafts a vivid mosaic of the intense passion and complex pressure of gay life in New York City, while illuminating the tides of loss, revelation and resilience felt by all who love."

For more information or if you are having problems find this book, call Terry at 434-1854.

COST: O^2 members: The only cost is the purchase of the selected book. I will see if I can set up a discount deal with Orlando Books or another independent bookstore.
Non-members: Please first join O^2

CONTACT: Terry 434-1854

Group Movie Night

Every Tuesday, the early show
Location varies – call to find out.

Make the most of "cheap" movie night by joining our group. Phone to find out what movie, when to meet and where (it varies between the Princess Theatre, Westmount and Eaton Centre theatres.) Join us for coffee afterwards too!
COST: O^2 members: $5 - $8
Non-members: Please first join O^2
CONTACT: Kent 454-0313

HAVE YOU ENTERED THE CONTEST TO WIN DINNER FOR 2 at THE KING & I? SEE PAGE 7 - ENTRY DEADLINE is MARCH 6

Next
O^2 Activity Planning Meeting:
(for April and May)
All current & potential Activity Leaders AND *people with activity ideas* are asked to attend.
Wed., March 4, 7:30-8:45 PM
Gay & Lesbian Community Ctr.
#103, 10612-124 Street
More info: Kent 454-0313

Edmonton's Party with a Purpose
A fundraising effort in support of the AIDS Network of Edmonton Society
Featuring a silent auction, light hors d'oeuvres, and performances by The Kit Kat Club and some of Canada's most talented musicians.
a Black and White affair
Saturday
March 28
7:30 p.m.
Francis Winspear Centre for Music
9720 - 102 Avenue
Tickets Available at
Winspear Box Office - Phone: 428-1414
or the AIDS Network - Phone: 488-5742
Tickets: $25 in advance $30 at the door
Syncrude
Securing Canada's Energy Future
AIDS Network of Edmonton Society
The AIDS Network

Volleyball

The
Free◆To◆Be
Volleyball Association
seeks to provide players of all skill levels the opportunity to play volleyball in a supportive and fun environment.

Competitive League

Wednesdays 7:00 to 9:30 PM
January 7 to possibly July
Grant MacEwan Community College
10800 - 104 Avenue (enter via Fitness Centre at 108 Street)

Join other players interested in a weekly commitment to professional *Coach-lead instruction* regarding offensive, defensive and strategic skill development. This league is for players who enjoy intense, but fun playing and ongoing personal skill development. We are preparing for Calgary's Apollo Western Cup tournament April 10-13, so if it interests you please get involved ASAP. Previous experience is required. Advanced recreational players are encouraged to join.

continued ➔

O^2 Member Activities

(See Page 7 for Membership information)

Competitive League continued...

Players : 14 - 16 players
COST: O^2 members:
About $40 for 2 months.
Non-members: Please first join O^2

CONTACT: Andrew 435-9379
RATING: *OOO - OOOO*

Fun / Recreation League

Tuesdays 6:00 to 8:00 PM
February 3 to April 7
Grandin Elementary School
9844 - 110 Street

Novice volleyball players are encouraged to join a positive and fun group of volleyball enthusiasts. The focus is on game play although coaching on basic skills may be provided upon request. Teams are randomly selected each night. Attendance is on a drop-in basis – No commitment is needed. Call to verify schedule before you come for the first time.

COST: O^2 members:
$10 for the whole season.
Non-members: Please first join O^2

CONTACT: Rick 497-3469
RATING: *O – OO*

individuals
couples
families
groups

Elizabeth Massiah
MSW, RSW
Clinical Social Worker
therapy
consultation

17 years experience

403 910 3050
403 482 1206
489 7998 (fax)
email:ahanemas@datanet.ab.ca

Important News for O^2 Members

■ **It's time to renew your Membership (Form on pg. 7):**

- O^2's fiscal year is April to March.
- Join NOW and your membership is valid until March 1999.
- Due to severe financial struggles last year, the fees have increased, but they are still incredibly inexpensive for the value you receive: 6 newsletters/year and ALL the fun activity options.
- Selling advertising in the newsletter has NOT yet fully paid for the cost of printing any of the newsletters, but we're getting close. Our other major expense is the 24-hour Hotline.
- New this year - you will be assigned a *Membership Number* (we have never issued membership cards because that is extra labour and an extra expense). If you want to know your membership number once you have renewed call the Membership Coordinator, Kent, at 454-0313.

■ **Your President / Newsletter Publisher has resigned so he can focus on his career and personal life:**

- My involvement with O^2 over the past 3 years has been wonderful - many new friends, tons of invaluable experience (e.g. desktop publishing) and an immense amount of fun, fun, fun!
- If YOU might consider taking on the fun task of publishing this newsletter OR leading this great group into the future, feel free to call me to find out what's involved. Cheers, Ron 428-3375

Thank-you

109 Disco

for hosting the *Crazy Bingo* Fundraiser which raised just over $100 for *OUT&Out*!

Crazy Bingo is every Thursday at 10:30pm
Male Stripper at Midnight
More info: 413-3476

Having trouble meeting your Fitness & Health goals?

Fitness Quest Consulting

Ron Griffith B.P.E., M.Sc. in progress

Experienced / Affordable / Motivating / Holistic

I can assist you with:

- *Making fitness an enjoyable and regular part of your life.*
- *Weight loss / Muscle gain.*
- *Making your current fitness program more successful.*
- *Stress reduction / Increasing stress resiliency.*
- *Nutritional counselling (buy, cook & eat healthier food).*
- *Overcoming **barriers** to your fitness and health goals such as lack of time, motivation, experience, skill, knowledge, support, etc.*

My training & background:

- *Physical Education Degree with Distinction, Masters of Science in progress. Focus: exercise physiology, nutrition and health education.*
- *Lots of experience with weight training, jogging, yoga, aerobics, volleyball, gymnastics, aquacise; Swimming instructor for over 9 years.*
- *Significant experience with adult learners, older adults and persons with disabilities.*

Call Ron for more information: 428 - 3375

OUT&Out's Group Movie Night *MOVIE REVIEWS*

by Kent Racher

Midnight in the Garden of Good and Evil ▼▼▼▼

Staring: Kevin Spacey and John Cusack. Producer and Director: Clint Eastwood

A true story set in the seductive city of Savannah Georgia this movie has something for everyone- a gay theme, murder, society parties, courtroom battles, drag queens, and voodoo. John Kelso (John Cusack) is a freelance journalist sent to cover a Christmas party thrown by one of Savannah's most prominent citizens, Jim Williams (Kevin Spacey). Spacey's sensual performance as he attempts to seduce Cusack is worth the price of admission alone. Later that evening Williams shoots his gay lover and a juicy murder trial ensues. Called to testify is The Lady Chablis, a sassy drag queen who plays herself in the movie.

Alien Resurrection ▼▼▼

Starring: Winona Ryder and Sigourney Weaver

For science-fiction fans, Alien Resurrection is a must-see movie, the latest chapter in the 20 year old saga. Ripley has returned from the dead - cloned from bits of her blood recovered 200 years earlier. The twist in this episode is that the alien (who was inside her when she killed herself last episode) is now part of her genetic makeup. She now possess many of the alien's traits including the super-acidic blood. Winona Ryder seems out of place in this movie, but we find out her secrets later and what's really behind those big Bambi eyes of hers.

The Rainmaker ▼▼▼▼▼

Starring: Matt Damon, Claire Danes, Danny DeVito and Mickey Rourke
Director: Francis Ford Coppola

Francis Ford Coppola's best movie since the Godfather, this courtroom battle pits a young idealist lawyer Rudy Baylor (Matt Damon) against a huge insurance company and their team unscrupulous lawyers. His partner is the wily Deck Schiffer (Danny DeVito), an ambulance chaser who just can't seem to pass his own bar exam. Look for outstanding performances from Mickey Rourke, Teresa Wright, and Danny DeVito. Possibly the best American movie of the year.

The Hanging Garden ▼▼▼▼▼

Director, Writer: Thom Fitzgerald. Starring: Chris Leavins, Kerry Fox, Seana McKenna,

The best gay-theme movie yet this year, The Hanging Garden is black comedy about the dreaded 'family reunion'. After leaving home 10 years earlier, Sweet William (Leavins), a gay man, returns home for his sister's wedding. Flashbacks abound as we slowly gain insight into William's dysfunctional family and his mistreatment by both of his parents. Despite the story's darker tones, many humorous episodes keep the movie light and interesting. Did he actually run away or did he depart? It's up to you to decide.

▼▼▼▼▼- Fabulous (a must see!) ▼▼▼▼- Good ▼▼▼- OK ▼▼ - Poor ▼- Forget about it!

O^2 Classified Listings

All Classified listings are free (for now). See page 3 about how to contact O^2.

For Sale

Gift Certificate for 2 nights at a 5 star resort in Palm Springs (Palm Springs Marquis). Worth over $300US, valid until Oct. 1998. Ron 428-3375

1989 Suzuki Swift 1.3 GL, 5-door. 1.3 litre with 114,000 km, new tires, clean, excellent condition, no rust. 2nd owner. $5000 OBO, call Delwin 482-7689.

Accommodations Offered / Sought

Professional gay male seeks furnished, nonsmoking accommodation to end of August; Downtown, on LRT route or on good bus route. Jamie 423-9663 ext. 2

Positive Strokes for Fabulous Folks

Darcy P & Andrew S: thanks for keeping queer volleyball alive. Teams sports are soooo fun - especially those out-of-town tournaments! Luv, a fan.

Lee & Cathie: congratulations to two sweethearts on their recent engagement. Love, two admiring men who don't get to see you enough.

Andy & Delly: You guys make us smile (in many, many different ways). M & R.

Rob W.: Thanks for your endless volunteer work at the AIDS Network - ESPECIALLY all your contributions to GMOC. Keep up the GREAT work!

Michael: nice to see you blossoming, but don't lose all your petals at once. Love, four nosey friends. (P.S. Did it hurt?)

Kent, Kent, Kent. Thanks for your reliable and consistent efforts with OUT&Out over the past 3 years. Thank-you from a fellow "Worker Bee".

Dear BAd (a.k.a. "Ginger"): Love your wit, love your pottery, love you! One of your many secret admirers. P.S. When's the next dinner party? (yum yum)

Lynn D, Gloria F, Graham W, PFLAG-T, Blair C, and ALL the Facilitators & Steering Committee Members: Thanks for revitalizing The Youth Group ! ! !

Colin (a.k.a Buns of Tinfoil) I'm very glad you're part of my life. Luv, Me (he he)

Do you want to send a "Positive Stroke" to someone you know?
Contact O^2 - see page 3.

Employment Offered / Sought

All Classified listings are free (for now). See page 3 about how to contact O^2.

Community Groups & Events

Fundraiser for Educational Workshops

Imagination Market, a non-profit arts & recyling association, and *Jazzberrys Too Cafe* are pleased to present a fundraising collaboration to benefit Imagination Market's Educational Workshops. Start with a hardhat & provided materials, transform it into something completely different and maybe win prize money. Jazzberrys Too Cafe, Thurs, Mar. 5, 7-10 PM. Individual, Family or Team: $10 For info & pre-registration call Imagination Market 413-9326 (food/drink extra).

Team Edmonton Events

April 10-13: Plan for an excursion to Cowtown in support of the Edmonton Volleyball Team(s) going to the Apollo's Western Cup Tournament. Interested parties wanting to travel as a group should leave a message on Team Edmonton's phone by March 23.

June 6: TEAM EDMONTON'S Annual BBQ - Emily Murphy Park.

July 5: 2nd Annual Home & Garden Party AND Gay Games Kickoff Party.

Please join us in support of all of the above events!
Phone: 437-0687

EVM (Edmonton Vocal Minority)

Edmonton Vocal Minority is presenting a *Mardi Gras* evening on Saturday, March 7 in the Old Strathcona Arts Barn / Bus Barn. Featured musical guests for this jazzy evening will be **VOCE**, the dynamic and highly entertaining *a capella* ensemble. Tickets available at Orlando Book's, The Front Page and from chorus members. For more information please call 988-4620.

A reminder of the Canadian GALA Choruses: *Festival 98* which EVM is hosting at the Winspear Centre from May 15 to 18. Mark your calendars for this very special event. Phone: (403) 988-4620
E-Mail: evm@freenet.edmonton.ab.ca

PFLAG-T

PFLAG-T are parents and friends of lesbian, gay, bisexual and transgender persons. Our mission is to help families and their lesbian, gay, bisexual and transgender members to love and understand one another, and to offer mutual support wherever needed. We invite other parents to share knowledge, to be free from fear and to reach out, search and discover more about their children. We also openly welcome all lesbian, gay, bisexual and transgender people to look to us for support. Support meetings are held the 3rd Tuesday of each month at 7:30 PM at the Gay and Lesbian Community Centre, 10612-124 St, Suite 103. Next two meetings are February 17 & March 17. Everyone welcome!

The Youth Group

Tuesdays: Karaoke at Jazzberrys Too Cafe at 7:00 PM. 10116-124 St. The Youth group meetings are for youth from 15-24 years of age and are held at GLCCE (#103,10612-124 St.) every Saturday at 8:00 PM.
After the meeting join the group for coffee at Jazzberrys Too Cafe at 10:00 PM.
More info: Call GLCCE 488-3234.
There are also Movie Nights. For more information call Blair at 479-4255.

A BLACK AND WHITE AFFAIR

In support of the AIDS Network of Edmonton Society.
Saturday, March 28 - 7:30 PM at the Winspear Centre. Tickets $25 in advance. Dress in creative black and white. Silent and balloon auctions, fine food, entertainers, martini bars and live dance bands. Attend and show your support in raising funds for HIV/AIDS prevention, education, care and support programs for people affected by HIV/AIDS. More info: Call the Network at 488-5742.

GMOC (Gay Men's Outreach Crew)

Meet new friends for fellowship and support and have a whole lot of fun by attending GMOC's free, confidential and facilitated workshops.

Coming Out in the 90's - deals with self-acceptance, self-esteem, coming out to family and friends, homophobia, and safer sex. 6 Wednesday evenings 7:00 to 10:00 PM beginning January 28 - Call to register (you can join until Feb. 11).

Being Gay in the 90's - deals with issues around living as a gay man in our community such as coming out, connecting with the gay culture, relationships, negotiating, risk-taking, homophobia and safer sex. 8 Wednesday evenings beginning March 18 - Call to register.

Talking Together - a facilitated informal group discussion on issues raised by the participants: coming out, workplace, relationships, safer sex, homophobia, discrimination - whatever is on your mind. An excellent way to meet new friends in a safe quiet environment. Every Sunday evening 7:00 to 9:00 PM at GLCCE.
Drop-in - no registration required.

GMOC can also provide confidential one-on-one information regarding issues like safer sex, sexually transmitted diseases, HIV and AIDS, testing etc. and is a good resource for finding other support groups and professionals.

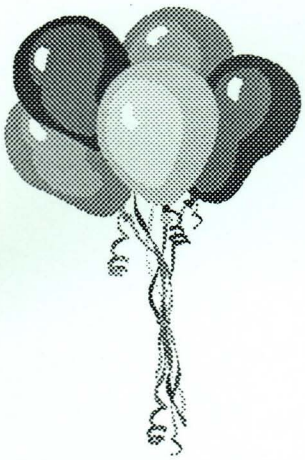
For info or registration call GMOC at 944-1394 ext. 4662 or 488-5742 (AIDS Network) or 488-3234 (Gay & Lesbian Community Centre of Edmonton: GLCCE)

February O^2 Activities

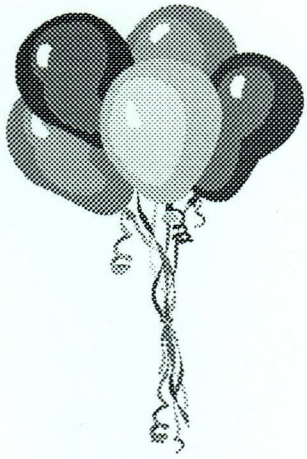
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Cross Country Skiing 11 am	2	3 Group Movie Nite Fun / Rec. Volleyball 6:00-8:00 pm	4 Competitive Volleyball 7-9:30 pm	5	6	7
8 Cross Country Skiing 11 am	9	10 Group Movie Nite Fun / Rec. Volleyball 6:00-8:00 pm	11 Competitive Volleyball 7-9:30 pm	12	13	14
15 Cross Country Skiing 11 am	16 Gay Book Club 7:30 pm	17 Group Movie Nite Fun / Rec. Volleyball 6:00-8:00 pm	18 Competitive Volleyball 7-9:30 pm	19	20	21 Night Out at the Edmonton Symphony 7:30-11:00 pm
22 Cross Country Skiing 11 am	23	24 Group Movie Nite Fun / Rec. Volleyball 6:00-8:00 pm	25 Competitive Volleyball 7-9:30 pm	26	27 Downhill Skiing Trip	28 Downhill Skiing Trip Wine Tasting #2 (tentative)

March O^2 Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Downhill Skiing Trip Cross Country Skiing 11 am	2	3 Group Movie Nite Fun / Rec. Volleyball 6:00-8:00 pm	4 *OUT&Out* Activity Planning Meeting for Apr / May Activities 7:30-8:45 pm GLCCE Compet. Volleyball	5	6	7 Gay Men's Pajama Party 8 pm
8 Cross Country Skiing 11 am	9	10 Group Movie Nite Fun / Rec. Volleyball 6:00-8:00 pm	11 Competitive Volleyball 7-9:30 pm	12	13	14
15 Skating Party 1pm Cross Country Skiing 11 am	16	17 Group Movie Nite Fun / Rec. Volleyball 6:00-8:00 pm	18 Competitive Volleyball 7-9:30 pm	19	20	21 Murder Mystery Dinner 7 pm
22 Cross Country Skiing 11 am	23	24 Group Movie Nite Fun / Rec. Volleyball 6:00-8:00 pm	25 Competitive Volleyball 7-9:30 pm	26	27	28
29 Cross Country Skiing 11 am	30	31 Group Movie Nite Fun / Rec. Volleyball 6:00-8:00 pm				



Happy 3rd Anniversary OUT&Out!



OUT&Out has been serving Edmonton's LesBiGay Community since February, 1995

"THANK-YOU!" to the founders and all the volunteers!

H E Y !

What do you want to do in April & May?

Spring is coming & soon we'll be able to do more things outdoors, so start thinking of O^2 activity ideas.

Our Next

O^2 ACTIVITY PLANNING MEETING

Wednesday, March 4
Gay and Lesbian Centre of Edmonton
#103, 10612 - 124 Street
7:30 - 8:45 PM

Please come to:

- ▼ Meet other members and volunteers.
- ▼ Find out more about this great group.
- ▼ Give your ideas and input on future activities.
- ▼ Get advice and help with planning your own O^2 Activity.

For more info: Kent 454 - 0313

our mission:

to expose, express, and
experience life...
without prejudice

jump in